

Fact Sheet on Nausea and Vomiting during Pregnancy

Background¹

Nausea and vomiting in pregnancy (NVP) are common, especially during early pregnancy:

- Some may feel unwell without vomiting
- Usually resolve by end of the first trimester
- The cause is still obscure, but hormonal changes may play a role

Is NVP common in Hong Kong?

In a local report including 396 pregnant women (10-14 weeks)²:

- The prevalence of NVP was **90.9%**
- NVP and its severity significantly impaired both physical and mental health-related quality of life

Risk factors³⁻⁵

- | | |
|---|---|
| <input type="checkbox"/> First pregnancy | <input type="checkbox"/> Experiencing stress |
| <input type="checkbox"/> Multiple pregnancy (e.g. twins, triplets) | <input type="checkbox"/> Severe nausea and vomiting in a previous pregnancy |
| <input type="checkbox"/> Family history of NVP | <input type="checkbox"/> If mothers-to-be used to feel sick when taking contraceptives containing oestrogen |
| <input type="checkbox"/> History of migraine headaches | <input type="checkbox"/> Obesity (e.g. BMI \geq 25) |
| <input type="checkbox"/> History of motion sickness (e.g. car sick) | |

Tips to help relieve NVP^{1,3,6}

Medical treatment is not needed in most cases and some lifestyle changes may alleviate the symptoms:

✓ Rest

- Get plenty of rest. Tiredness may make NVP worse

✓ Food – What and when to eat may be helpful, for example:

- Eat dry foods like toast or plain biscuits before getting out of bed in the morning
- Eat small and frequent meals (e.g. every 2-3 hours) of plain foods with high carbohydrate and low fat like bread, rice and pasta
- Try not to skip meals or go for long periods of time without eating
- Eat cold foods instead of hot ones if the smell of hot meals trigger nausea
- Avoid fatty foods, coffee and spices like garlic

✓ Drinks

- Drink plenty of fluids, e.g. 6-8 glasses of water daily
- Sipping them little and often may help prevent vomiting
- May try some sour drinks like lemonade and plum juice



Expert opinion

The American College of Obstetricians and Gynecologists (ACOG)⁴:

“The standard recommendation to take prenatal vitamins for 1 month before fertilization may reduce the incidence and severity of nausea and vomiting of pregnancy”

References: 1. Health Direct. Morning sickness. <https://www.healthdirect.gov.au/morning-sickness>. Accessed on 04 Jan 2021. 2. Chan OK et al. Aust N Z J Obstet Gynaecol. 2010;50(6):512-518. 3. National Health Service (NHS). Vomiting and morning sickness. <https://www.nhs.uk/pregnancy/related-conditions/common-symptoms/vomiting-and-morning-sickness/>. Accessed on 04 Jan 2021. 4. American College of Obstetricians and Gynecologists (ACOG). ACOG practice bulletin. Number 189. 2018. 5. Centre for Health Protection. Body mass index chart. https://www.chp.gov.hk/en/resources/e_health_topics/pdf/wav_11012.html. Accessed on 05 Jan 2021. 6. Hong Kong Department of Health. Minor ailments in early pregnancy and their management. Available at: https://www.fhs.gov.hk/english/health_info/woman/15656.html. Accessed on 04 Jan 2021. WYETH® is a registered trademark of Wyeth LLC. Used under license. For healthcare professionals' reference and distribution only. WYE-PM-001-JAN-21.

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妊娠噁心及嘔吐小百科

背景資料¹

妊娠噁心和嘔吐是很常見的，特別是於懷孕初期的時候：

- 有些準媽媽可能會感覺不適，但沒有嘔吐的情況
- 通常於懷孕首三個月之後會有所改善
- 確實的成因仍未清晰，但可能與荷爾蒙轉變有關

妊娠噁心及嘔吐在香港常見嗎？

有本地報告 (包括 396 位懷孕 10 至 14 週的婦女) 發現²：

- 妊娠噁心及嘔吐的患病率達 **90.9%**
- 妊娠噁心及嘔吐和它的嚴重程度明顯損害身體及精神健康有關的生活質素

風險因素³⁻⁵

- 首次懷孕
- 懷有多胞胎 (例如: 雙胞胎及三胞胎)
- 妊娠噁心及嘔吐的家族史
- 偏頭痛的病歷
- 動暈症(例如: 暈車)的病歷
- 生活壓力
- 過往懷孕時有嚴重噁心和嘔吐的情況
- 如準媽媽過往於服用含雌激素的避孕藥時會感到不適
- 肥胖 (例如: BMI ≥ 25)

有助減輕妊娠期噁心及嘔吐的小貼士^{1,3,6}

大多的情況並不需要藥物治療，而一些生活習慣的改變有助減輕噁心及嘔吐的徵狀：

✓ 休息

- 要有充足休息，疲倦可能令噁心及嘔吐的情況惡化

✓ 食物 – 注意進食的時間及食種類可能有幫助，例如：

- 早上起床前先進食乾身的食物如多士及純味餅乾
- 小食多餐如每兩至三個小時進食一次，並選擇含豐富碳水化合物及低脂的純味食物如麵包、飯及意粉
- 盡量不要不吃早、午或晚餐或長時間不吃東西
- 如熱食的氣味會引起噁心，可選擇進食溫度低的食物
- 避免進食肥膩的食物、咖啡及香料如蒜頭



✓ 飲品

- 飲用充足的水份，例如每日 6 至 8 杯清水
- 頻密飲用少量水份有助舒緩嘔吐
- 可以選擇一些酸味的飲品如檸檬水或梅汁

專家意見

美國婦產科學會(ACOG)⁴：

“受精前一個月服用產前維他命補充劑的標準建議可能減少妊娠噁心及嘔吐的發生率及嚴重程度”

參考資料：1. Health Direct. Morning sickness. <https://www.healthdirect.gov.au/morning-sickness>. 2021 年 1 月 4 日登入。2. Chan OK et al. Aust N Z J Obstet Gynaecol. 2010;50(6):512-518. 3. National Health Service (NHS). Vomiting and morning sickness. <https://www.nhs.uk/pregnancy/related-conditions/common-symptoms/vomiting-and-morning-sickness/>. 2021 年 1 月 4 日登入。4. American College of Obstetricians and Gynecologists (ACOG). ACOG practice bulletin. Number 189. 2018. 5. 衛生防護中心. 體重指標表. https://www.chp.gov.hk/en/resources/e_health_topics/pdf/wav_11012.html. 2021 年 1 月 5 日登入。6. 香港衛生署. 懷孕初期的不適及處理. https://www.fhs.gov.hk/english/health_info/woman/15656.html. 2021 年 1 月 4 日登入。WYETH® 為 Wyeth LLC 之註冊商標，授權下使用。只供醫護人員參考及派發。WYE-PM-001-JAN-21

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